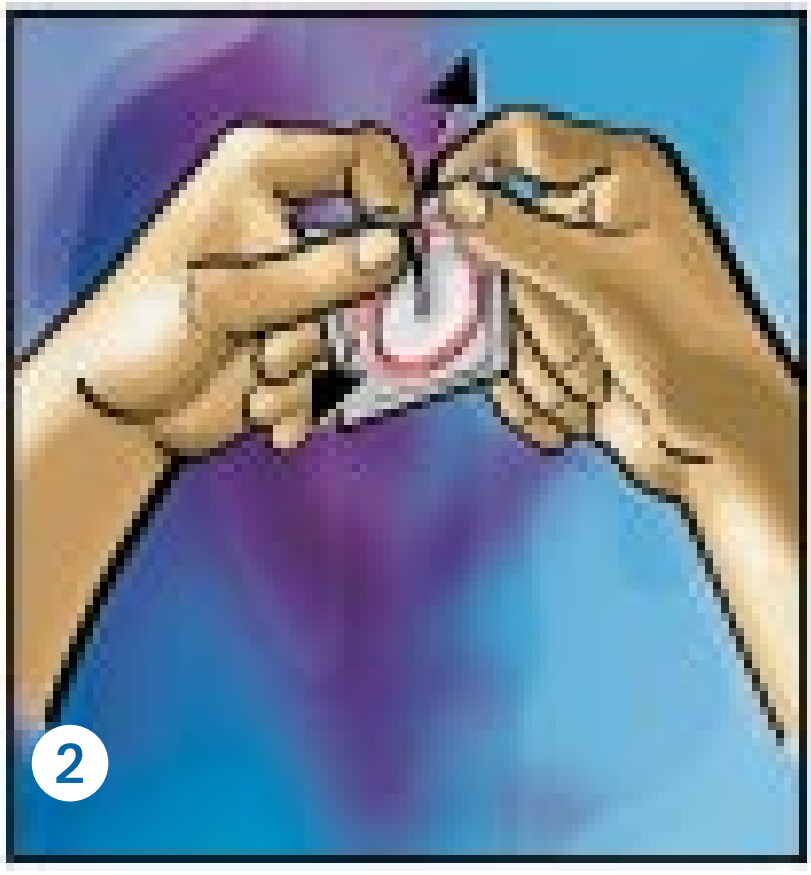
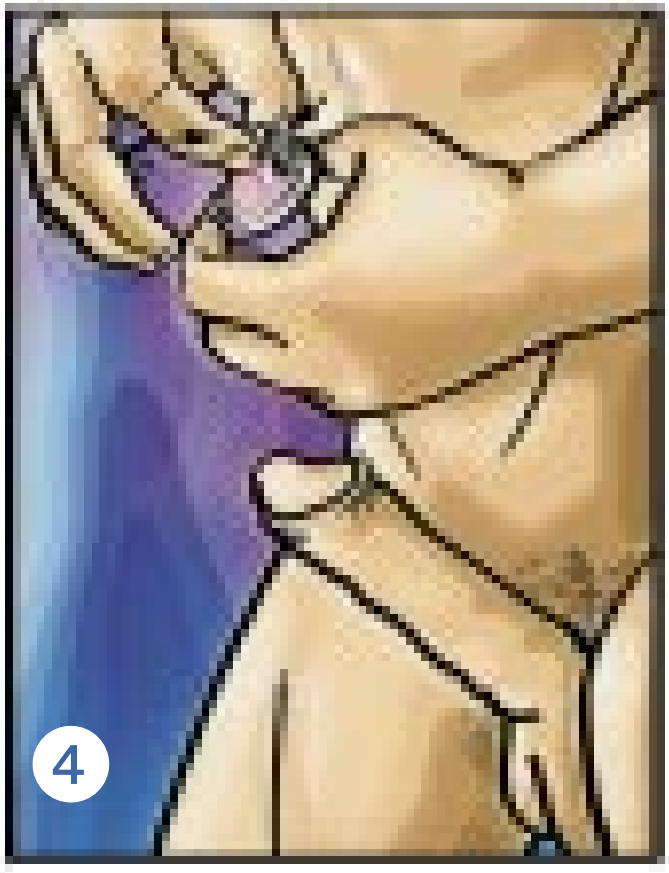
Elateli ya kapoti ya mibali

Nsoka ezala ya kotelema.



Kopasola sima kobimisa kapoti na kati ya ebombeli na maboko. Kosalela kaka kapoti oyo bakoma likolo ya sasé C E.

Keba ! manzaka, mino na potu ya mbeli to eloko nyonso oyo ekoki ko bebisa kapoti.

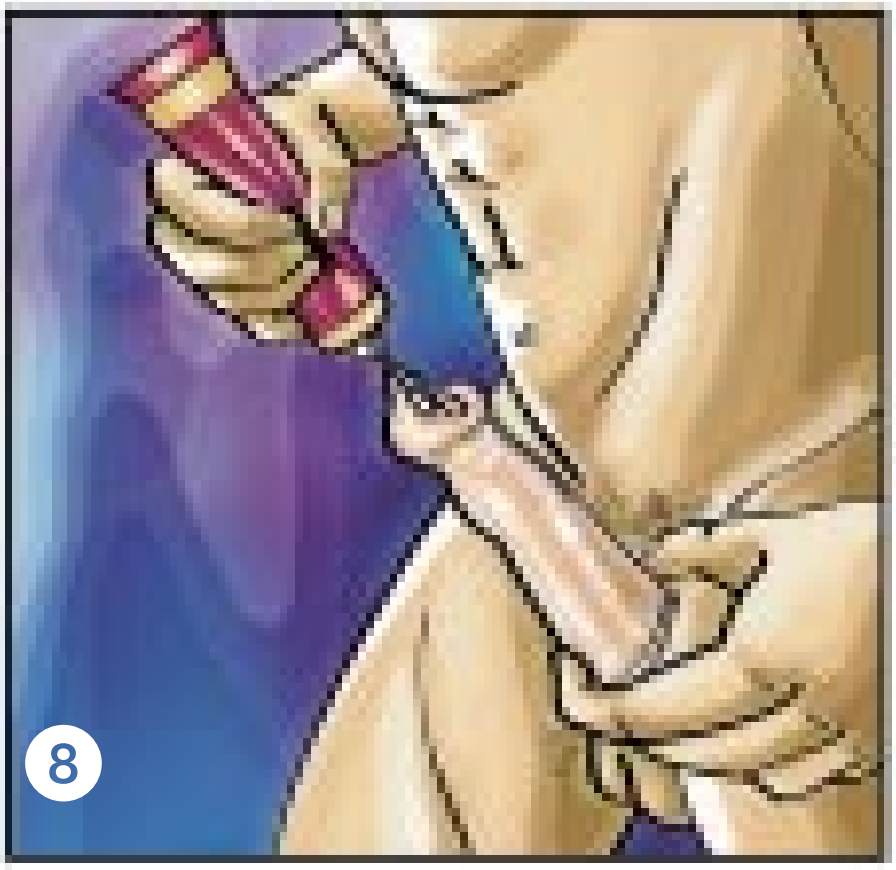


Tala malamu lolenge ya kotia yango kofina nsonge ya kapoti na misapi monene na ya moke po mupepe oyo eza na kati ebima.

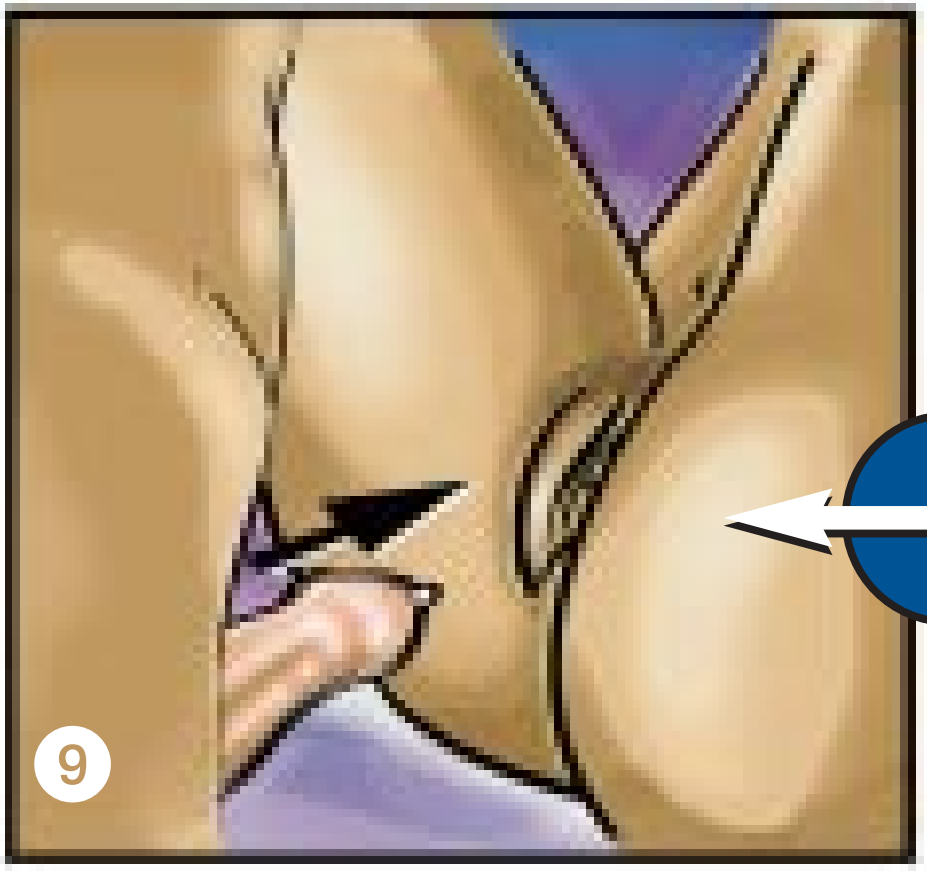
Soki nsoka nanu ekata ngenge (masuta) te,tindika loposo ya motu ya nsoka.

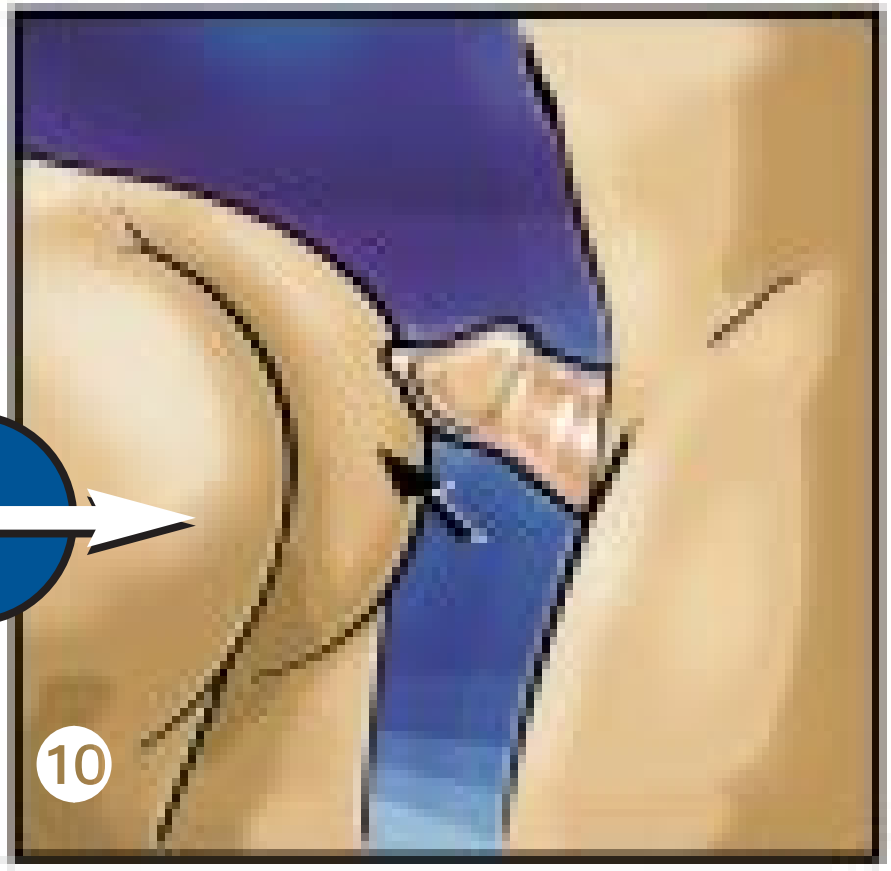
Na kofina ka nsonge ya kapoti, latisa yango na nsoka.

Latisa yango nsoka mobimba, kolata ya ngo mibale te, noki te epasuka to elongwa.

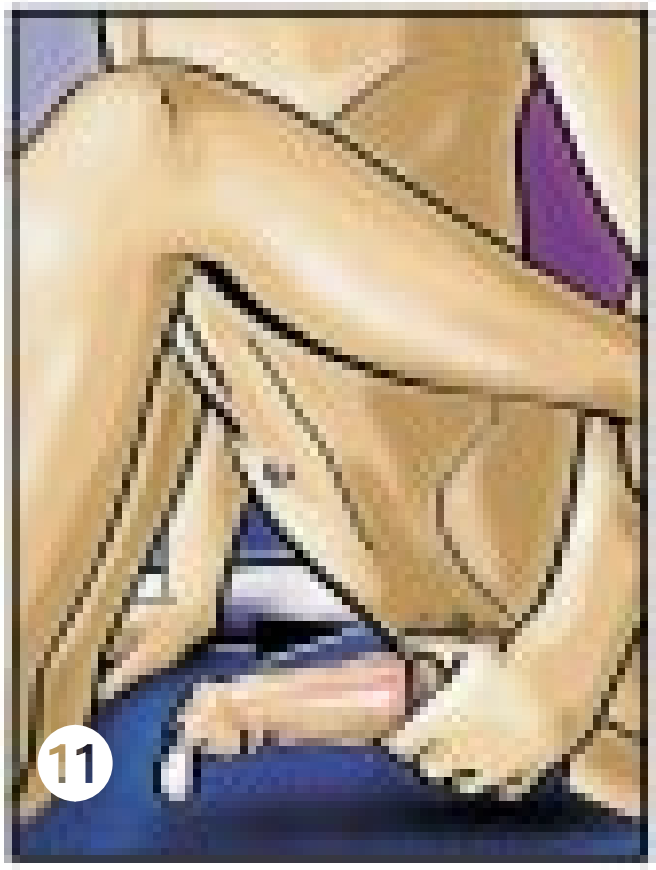


Soki olingi okoki ko pakula yango nkisi oyo ezotekama (na farmacie, na magazini ya minene…).



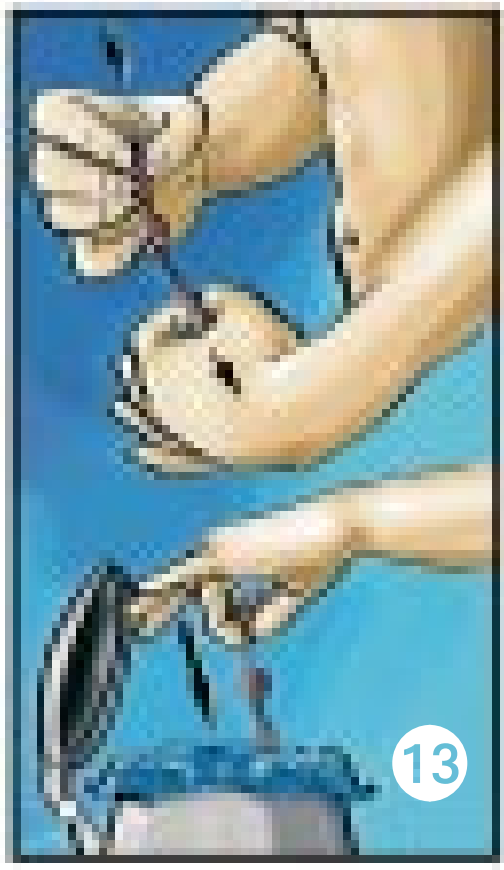


Mbala nyonso lata kapoti, liboso ya kotia nsoka na nzoto ya mwasi. Kapoti eba-telaka na bokono ya sida, lesabu, sopisi,mpe, soki okoti ya ngo. Na libolo to na masoko. Ekobatela mwasi azwa zemi pamba pamba te soki alingi te.



Sima ya kobwaka mayi simba kapoti na ndelo, benda nzoto na yo, bimisa nsoka nanu eza makasi.

Kolongola kapoti na ekenge.Tala malamu mayi oyo obwaki etikala na kati na yango.



Kanga lizita na kati kati ya kapoti sima bwaka yango na fulu(na kabi-ne, wc, te).

- Kapoti etekama na magazini ya monene to masini ya koteka yango.
- Malamu, kosalela kopoti oyo elekisa te mikolo oyo, bakomela yango.
- Bomba yango na esika ezanga mulunge.
- Kapoti eza ndenge ebele. ya minene, ya mikuse, ya solo kitoko,pe misusu ezanga ebombelo ya mayi…
- Epekisama kosalela kapoti mbala mibale. Soki olingi kosala lisusu bolingo zwa kapoti ya sika, moninga moko na moko na kapoti ya sika.
- Kosalela kapoti ya mibali na ya basi esika moko te kopakola te na Kapoti mafuta, manteka, to eloko oyo ekoki ko bebisa yango.
- Soki nanu osalela yango te meka kapoti na nzoto na yo po na Koyekola…

Elateli ya kapoti ya mibali

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inpes
www.inpes.santé.fr

Po na liyebisi

Sida info service

N° Vert 0 800 840 800

Kobenga ya ofele na sekele butu na moyi.
Appel anonyme, confidentiel et gratuit, 24h sur 24.

www.sida-info-service.org

Mouvement français pour le planning familial

www.planning-familial.org

Lingomba ya ba falanse oyo etalaka makambo ya mwango ya kobota bana.
Ecoute Sexualité contraception Avortement.

N° Vert 0 800 803 803

Na likolo ya Falanse, kobenga ofele na
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N° Vert 0 800 105 105

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